

WEEKLY WELLNESS NEWS

STIMULATE YOUR BRAIN WITH EXERCISE



Exercise and the Brain

Cardio workouts elevate your heart rate and cause more blood to flow to your brain. As you breathe harder, more oxygen is received by your brain resulting in the production of neurons in areas of the brain that control memory and thinking. Exercise also improves learning and mood. Research reveals that exercise is a significant part of a modifiable lifestyle that can decrease the chances of developing dementia.



Key Takeaways



Exercise often



Do challenging activities



Avoid Isolation



Promote Brain Health

- Play mentally stimulating games
 - ex: Sudoku, crosswords, etc.
- Exercise regularly
 - dance, run, walk or whatever you're able to do
- Benefits of meditating daily
 - improved concentration
 - better sleep
 - improvement in mood
 - increased calm
- Maintain social engagement



"Your health is what you make of it. Everything you do and think either adds to the vitality, energy and spirit you possess or takes away from it." -Ann Wigmore

